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RMS

Recovery After Robotic Adrenal Gland Removal

Your doctor may call this: robotic adrenalectomy

A guide for patients and families

In the Hospital

The adrenal gland sits on top of the kidney and makes hormones. Most people stay 1 to 2 nights.

Cuts, Pain and Activity

- Shower from the next day and pat the cuts dry. No bath or swimming for 2 weeks.
- Shoulder pain from the surgery gas goes away in a day or two.
- Take pain medicines regularly at first, then less as you improve.
- Walk every day. Lift nothing over 5 kg and no sport for 4 weeks.
- No driving for 1 to 2 weeks. Back to normal after 2 to 3 weeks.

Hormones and Medicines

- If you were given steroid tablets, never stop them suddenly. If you are unwell or being sick, call us.
- If you had high blood pressure, you may need fewer tablets. Check it at home and bring the readings.
- Take only the medicines on your discharge list.

Your Results

Dr. Saoud will go over the lab results. You may also see a hormone specialist for blood tests.

Call Us Straight Away If

- Your temperature is 38°C or higher, or a cut is red, hot or leaking.
- You feel very weak, dizzy or confused, or keep being sick, especially on steroid tablets.
- Your blood pressure is very high or very low.
- A leg is painful and swollen, or you have chest pain or trouble breathing: call 140.

Questions after your surgery? Call Dr. Saoud's clinic at AUBMC: 01-350000, ext. 5800. For an emergency, call 140 or go to the nearest emergency department.

This guide gives general information. Always follow the specific instructions that Dr. Saoud and your care team give you.